



BIG BLUE

TRACK & FIELD CLASSIC

A FEW REMINDERS

- * Enjoy your Coaches Gift, stay warm in this never ending winter we're having!
We appreciate your entry.
- * We will run ahead whenever possible but will try to not run too far ahead so your athletes can double.
- * The performance list was sent via e-mail. No stickers or cards are needed – Enjoy your day to just coach.
- * The check-in area will be on the football field, under the field goal post.
- * All warm-ups can take place around our campus. Stay off the infield/throwing fields. The softball field is a good place to warm-up.
- * Coaches are encouraged to be on the infield and cheer on their kids – Give the officials their space. – No athletes though!
- * In the varsity field events, the Top 6 return to the finals. Frosh & Soph Field = 3 jumps/throws
- * Medals go to the top 5 in every event. We will package your medals throughout the meet. You can pick these up at the end of the meet from the press box in the bleachers.
- * Batons will be provided.
- * Event Rule: ANY THREE EVENTS; Frosh may not run in sophomore events.
- * **Opening Heights:** Varsity Girls PV 6'-0", Frosh Boys PV 7'-0" Varsity Boys PV 9'-0"
After the Varsity Girls Pole Vault, we will run the Frosh Boys PV separately.
After the frosh are done, we will start a Varsity Boys PV with a 9'-0 opening height.
Boys HJ 5'-0" Girls HJ 4'-2"

* THROWING EVENT MINIMUM MEASURES

We have a huge entry in the throwing events and want to be able to move things along. So we will have to institute minimum measures. Each thrower in the following events will get 1 legal mark and then must hit a minimum to get a measure. There are no minimums in the frosh or soph field events, or jumping events.

Varsity Boys Discus - 70'	Varsity Girls Discus - 50'
Varsity Boys Javelin - 70'	Varsity Girls Javelin - 50'
Varsity Boys Shot Put - 30'	Varsity Girls Shot - 20'

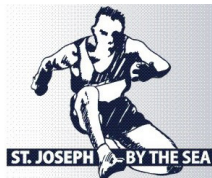
* CUPS & PLAQUES

The following events will be presented with special awards for winning events:

- * Invitational 800 SMR & Invitational 1600 SMR will receive a large cup for the school
- * All individual varsity event winners - 1 per athlete
- * All varsity relay winners - 1 plaque for the school only
- * All frosh/soph relay winners - 1 plaque for the school only

- * Check out our milesplit page - Pictures & Videos to be posted!
- * Mark your calendar – 22nd Edition – April 22, 2023!

**We thank you for your entry into our meet.
Best of luck to you and your athletes – in this meet and throughout the season!**



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TRACK & FIELD CLASSIC

21st Edition –Saturday April 23, 2022

RUNNING EVENTS – TENTATIVE TIME SCHEDULE

*** UPDATE***

- 10:00 **10:00** Frosh Girls SMR (400-200-200-800)
10:20 **10:15** Frosh Boys SMR (400-200-200-800)
10:40 **10:30** Soph Girls 4x800
10:55 **10:45** Soph Boys 4x800
11:10 **11:00** Frosh Girls 4x200
11:25 **11:10** Frosh Boys 4x200
11:40 **11:30** Soph Girls 4x400
11:55 **11:45** Soph Boys 4x400
12:10 **12:00** Varsity Girls 400 Hurdles
12:25 **12:10** Varsity Boys 400 Intermediate Hurdles
12:40 **12:25** Varsity Girls 4x100 – *Final on Time*
12:55 **12:35** Varsity Boys 4x100 – *Final on Time*
1:15 **12:50** Varsity Boys 2,000 Meter Steeplechase (*Top 15 entries only*)
1:25 **1:00** Soph Boys 2,000 Meter Steeplechase
1:35 **1:00** Frosh Boys 2,000 Meter Steeplechase
1:45 **1:10** Varsity Girls 2,000 Meter Steeplechase (*Top 15 entries only*)
1:55 **1:25** Invitational Girls 100 Meter Dash (*Top 12 entries only*)
2:00 **1:30** Invitational Boys 100 Meter Dash (*Top 12 entries only*)
2:05 **1:35** Invitational Girls 800 Meter Run (*Top 12 entries only*)
2:10 **1:40** Invitational Boys 800 Meter Run (*Top 12 entries only*)
2:15 **1:45** Invitational Girls 800 Meter SMR (100-100-200-400) (*Top 12 entries only*)
2:20 **1:50** Invitational Boys 800 Meter SMR (100-100-200-400) (*Top 12 entries only*)
2:25 **1:55** Varsity Girls DMR (1200-400-800-1600)
2:55 **2:15** Varsity Boys DMR (1200-400-800-1600)
3:00 **2:40** Varsity Boys Shuttle Hurdle Relay (3 man)
3:35 **2:50** Varsity Girls 100 Meter Hurdles – *Final on Time*
3:50 **3:00** Girls Championship SMR (400-200-200-800)
4:10 **3:15** Boys Championship SMR (400-200-200-800)
4:30 **3:30** Frosh Girls 4x400
4:40 **3:35** Frosh Boys 4x400
4:50 **4:00** Varsity Girls 4x400
5:05 **4:05** Varsity Boys 4x400
5:20 **4:20** Mixed 4x400
5:30 **4:25** Coaches 4x100

FIELD EVENTS – TIME SCHEDULE

- 10:00 AM *Frosh Boys 8 lb Shot Put followed by Girls Varsity Shot (Circle #1)*
10:00 AM *Soph Boys 12 lb Shot followed by Boys Varsity Shot (Circle #2)*

10:00 AM Boys Varsity Javelin (Girls to Follow)
10:00 AM Girls Varsity Discus (Boys to Follow)
10:00 AM Girls Varsity Pole Vault (Frosh Boys then Varsity Boys to Follow)

10:00 AM Girls Varsity Long Jump (TJ to follow) – Pit #1
10:00 AM Boys Varsity Long Jump (TJ to follow) – Pit #2
Frosh Boys Long Jump – Frosh will jump with varsity, Medal separately
10:00 AM Girls Varsity High Jump (Boys to Follow)